



September 26—October 24, 2016

Life can throw us curve balls, which in turn can throw us off balance. The 4-week "Balance is Power" Challenge will focus on four primary strategies to help get you back on track! Log your physical activity, which supports your overall life balance.

Week 1: Be Aware of SELF-CARE

Week 2: GRATITUDE Your Attitude

Week 3: Leap into SLEEP

Week 4: RESILIENCE is Brilliance.

Enjoy weekly wellness drawings!

Earn 500 incentive points upon successful completion!*

Challenge Completion Requirements

Log 600 minutes of physical activity (all activities count!)

Complete ALL weekly tasks associated with the life balance focus.

Visit the [LiveWell Vermont Wellness Portal](#) to register by Sunday, October 2, 2016

Questions?

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* Points are awarded for only one completed challenge in 2016.